

BPA FILE

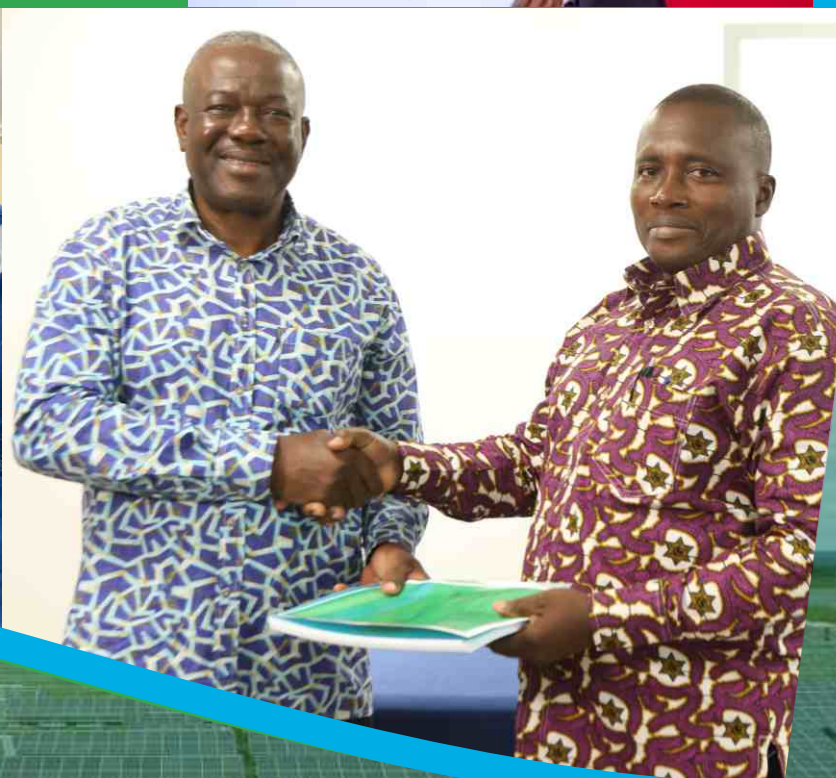
GREEN IN FOCUS - Sustaining our future

February Edition 2025

MEET GHANA'S DYNAMIC NEW
MINISTER FOR ENERGY AND GREEN
TRANSITION: HON. JOHN ABDULAI
JINAPOR



TIME WITH THE OUTSTANDING
EMPLOYEE OF THE YEAR 2024 -
MR. VICTOR YAO TOYI



HON. ING. SAMUEL KOFI AHIAVE DZAMESI
HANDS OVER TO ING. KOW
EDUAKWA SAM AS ACTING CEO

50MWp SOLAR PLANT IN YENDI

OUR MISSION

To support socio-economic development through the utilization of natural resources for energy generation in a safe, reliable and cost-efficient manner.

OUR VISION

To be the leader in the renewable energy industry in the sub-region.

OUR CORE VALUES

Safety
Innovation
Trust
Teamwork
Integrity
Commitment



Bui Power Authority



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MESSAGE TO STAFF FROM HON. ING. SAMUEL KOFI AHIAVE DZAMESI



I extend my warmest wishes for a Happy New Year and officially welcome you all back to work.

As we step into 2025, we reflect on the remarkable journey of 2024, a year that saw us strengthen our position as Ghana's leader in renewable energy. Our success has been built on the hard work, dedication, and resilience of each of you.

Reflecting on Our Key Achievements in 2024

1. Successful completion of the 50MWp Solar Project at Yendi – marking another milestone in our renewable energy expansion.
2. Completion of an additional 40MWp land solar project at the Bui Generating Station (BGS) – solidifying our commitment to green energy.
3. Completion of a 5MWp Floating Solar PV System at the BGS – The first of its kind in West Africa, reducing water evaporation while conserving land.

4. Consistent operational excellence that has reinforced BPA's status as a leading force in sustainable power generation.
5. Completion of 75kw Tsatsadu Mini-Hydro Power Pant and the Tsatsadu Center of Excellence
6. The Fred Oware Office Complex –a multi-purpose complex designed to enhance administrative efficiency and strategic planning at BPA.

These achievements were not by chance; they were the result of your tireless efforts, teamwork, dedication and commitment to a shared vision.

Farewell message to Staff

As I bid farewell, I want to express my heartfelt gratitude to the Management and staff of BPA for your support and commitment during my tenure as CEO. I'm proud of what we have accomplished together, and I have every confidence that your collective hardwork, and dedication will propel the Authority to even greater heights in 2025 and beyond.

Wishing you a prosperous and highly productive New Year.

Hon. Ing. Samuel Kofi Ahiave Dzamesi
Former CEO, Bui Power Authority

MEET GHANA'S DYNAMIC NEW MINISTER FOR ENERGY AND GREEN TRANSITION: HON. JOHN ABDULAI JINAPOR

We are pleased to announce the appointment of Hon. John Abdulai Jinapor as Ghana's new Minister for Energy and Green Transition. With an extensive background in energy policy and a commitment to sustainable development, Hon. Jinapor is well-positioned to lead Ghana toward a greener and more energy-efficient future.

Educational and Professional Background

Hon. Jinapor's academic credentials are both diverse and robust. He holds a Master's degree in Development Finance from the University of Ghana (2019), a Postgraduate Diploma in Finance and Financial Law from the University of London (2015), and a Master of Science in Energy Economics from the Ghana Institute of Management and Public Administration (GIMPA) (2021). Additionally, he earned a Bachelor's degree from the University for Development Studies and an MBA in Marketing from the University of Ghana (2008).

Professionally, Hon. Jinapor has a rich history of public service. He served as the Deputy Minister of Energy under President John Dramani Mahama from 2013 to 2017, where he played a pivotal role in shaping Ghana's energy policies. Since 2017, he has been the Member of Parliament for the Yapei-Kusawgu constituency in the Savannah Region, actively engaging in legislative matters concerning energy and sustainable development.



Vision for Ghana's Energy Future

In his inaugural address as Minister for Energy and Green Transition, Hon. Jinapor emphasized the critical importance of reliable, affordable, and sustainable energy in driving economic growth. He highlighted the pressing energy challenges facing Africa, noting that approximately 600 million people lack access to electricity, and 900 million are without clean cooking solutions. To address these issues, he advocates for the establishment of a renewable energy investment and green transition fund. This fund aims to mobilize both domestic and international resources to invest in renewable energy projects, focusing on infrastructure upgrades, home solar systems, wind energy, and clean cooking technologies.



**BUI POWER AUTHORITY ANNOUNCES LEADERSHIP TRANSITION:
HON. ING. SAMUEL KOFI AHIAVE DZAMESI HANDS OVER TO
ING. KOW EDUAKWA SAM AS ACTING CEO**



Following his remarks, Hon. Dzamesi formally presented his handover notes to Ing. Sam, symbolizing the transfer of leadership responsibilities.

In his response, Ing. Kow Eduakwa Sam expressed his gratitude to His Excellency John Dramani Mahama and Hon. John Abdulai Jinapor, Minister for Energy and Green Transition for the trust and confidence reposed in him. He acknowledged the contributions of previous CEOs and commended their achievements in advancing the Authority's mandate.

"I bring to BPA a wealth of experience and a commitment to firm, fair, and proactive leadership. The power sector is one that requires a high level of stakeholder consciousness, and I am determined to ensure that BPA remains responsive to the needs of all stakeholders," Ing. Sam stated.

He also highlighted the importance of innovation and urged the young professionals within the Authority to harness their creativity to drive the organization forward. "I see a lot of young talent here, and I encourage you to ignite your innovative spirit. Together, we can position BPA as a leader in the energy sector and a blessing to our nation, Ghana," he added.

The management, and staff of BPA extend their heartfelt gratitude to Hon. Ing. Samuel Kofi Ahiave Dzamesi for his leadership and welcome Ing. Kow Eduakwa Sam as the new CEO of the Authority.

PROFILE OF ING. KOW EDUAKWA SAM

Ing. Kow Eduakwa Sam is a seasoned electrical engineer with over 25 years of experience in Strategic Leadership, Project and Contract Management, Protection and Control Engineering, Control and Instrumentation Engineering, as well as Technical and Energy Auditing.

He holds an MBA in Management Information Systems from the University of Ghana (2004) and a BSc in Electrical and Electronics Engineering from the Kwame Nkrumah University of Science and Technology (1998). Additionally, he has earned postgraduate certificates in Project/Investment Appraisal and Risk Management from Duke University (2012) and Power System Analysis from the University of Pennsylvania (2011).

At a symbolic meeting at the Head Office in Accra, the outgoing CEO, Hon. Ing. Samuel Kofi Ahiave Dzamesi, officially introduced the newly appointed acting CEO, Ing. Kow Eduakwa Sam and handed over the seat of leadership, in accordance with a directive from the President of the Republic of Ghana, His Excellency, John Dramani Mahama.

In his address, Hon. Ing. Samuel Kofi Ahiave Dzamesi expressed his gratitude to the Management and Staff of BPA for their support during his tenure. He recounted his journey as CEO, which began on September 3, 2021, and highlighted the challenges and achievements of his leadership. Hon. Ing. Dzamesi emphasized the importance of teamwork and professionalism, noting that the Authority's success was a collective one.

Hon. Ing. Kofi Dzamesi expressed his confidence in the incoming CEO Ing. Kow Eduakwa Sam, describing him as a seasoned professional with extensive experience in the Energy Sector. He urged Management and Staff to extend their full support to the new CEO to ensure a smooth transition and continued progress for the Authority. "I am delighted to hand over to Ing. Kow Eduakwa Sam, who comes with a wealth of experience from the energy sector. I am confident that he will build on the foundation we have laid and take BPA to even greater heights," Hon. Dzamesi stated.

In his most recent role as Head of Project Development at VRA's Engineering Services Department, Ing. Sam led a team of engineers in identifying and developing bankable conventional and renewable energy projects, including Solar PV and Wind, to expand VRA's power generation portfolio. Notable projects developed under his leadership include the Lawra and Kaleo Solar PV projects, as well as the Floating Solar PV project, which is slated for implementation by the end of 2025.

Ing. Sam is credited with the development of VRA's Project Life Cycle (PLC) and project templates, which guide and standardize the development and implementation of projects at VRA. Part of his responsibilities included reviewing and auditing VRA's projects to ensure compliance with the PLC and Procurement Procedures.

He possesses a strong understanding of Strategic Leadership and has acted as Director on various occasions in the absence of the substantive Directors of the Technical Services and Engineering Services Departments at VRA. Ing. Sam is a member of the Ghana Institution of Engineers.





BUI POWER AUTHORITY EMPLOYEES RETURN RECHARGED AND READY FOR 2025



After a well-deserved two-week holiday break, employees of Bui Power Authority (BPA) are back at work, refreshed, recharged, and ready to take on the opportunities and challenges of the year ahead! Whether at the Head Office in Accra or the Bui Generating Station, the energy on the first day back was contagious, with a noticeable buzz of enthusiasm and renewed commitment to excellence.

From the moment they walked through the doors, warm reunions, cheerful greetings, and hearty handshakes filled the air. Laughter echoed through offices and corridors, creating a positive and uplifting atmosphere the perfect way to kickstart the year. Staff settled back into their roles with purpose and excitement, eager to contribute to BPA's mission of driving Ghana's renewable energy agenda forward.

The Corporate Affairs team was on hand to capture these vibrant moments, as we returned with a spark of determination. The smiles, body language, and upbeat conversations were a clear reflection of their passion for BPA's vision and the crucial work ahead.

Welcome back, Team BPA, let's make this year the best one yet!



Happy New Year

**WELCOME
BACK
TO WORK**



BUI POWER
AUTHORITY
Renewable Energy Leaders



BUI POWER
AUTHORITY
Renewable Energy Leaders



Happy New Year
WELCOME BACK!

BUI POWER
AUTHORITY
Renewable Energy Leaders



Happy New Year
WELCOME BACK!

BUI POWER
AUTHORITY
Renewable Energy Leaders



Happy New Year
WELCOME BACK!

Renewable Energy Leaders



Happy New Year
WELCOME BACK !

BUI POWER
AUTHORITY
Renewable Energy Leaders



Happy New Year
WELCOME BACK !

BUI POWER
AUTHORITY
Renewable Energy Leaders



Happy New Year
WELCOME BACK !

BUI POWER
AUTHORITY
Renewable Energy Leaders



Happy New Year
WELCOME BACK !



BPA CONDUCTS SITE INSPECTION TO 50MWp SOLAR PROJECT IN YENDI



As part of Bui Power Authority's (BPA) ongoing expansion of its renewable energy portfolio, a delegation led by the Board Chairman, Hon. Kwasi Ameyaw Cheremeh, and the Chief Executive Officer, Hon. Ing. Samuel Kofi Ahiave Dzamesi, on the 30th of September 2024 undertook a Technical Inspection tour of the 50MWp Solar PV Farm in Yendi.

This site inspection was undertaken in collaboration with the Executive Chairman of the First Sky Group, Mr. Eric Seddy Kutortse, the Contractors of the project. Accompanying them were former Board Members Hon. Paul Twum-Barimah and Hon. Salifu Saeed, as well as distinguished stakeholders including the former Deputy Chief of Staff, Mr. Emmanuel Adumua-Bossman, former Chairman of the Parliamentary Select Committee on Energy Hon. William Owuraku Aidoo.

The site inspection aimed at updating stakeholders on the progress of the construction of the 50MWp solar PV farm and its significance to the Yendi community.

The delegation began their visit by paying homage to the King of the Dagbon Kingdom, Ndan Ya Na Abubakari II, who welcomed them warmly and expressed enthusiasm for the project's potential benefits. They also visited the Galgu Na, who appreciated BPA and the Government for their commitment to improving energy infrastructure in the region

During the visit, the Director Renewable Energy at BPA, Ing. Peter Acheampong, presented a visual overview of the solar farm's development, detailing its infrastructure, including DC and AC equipment, internal transmission lines, drainage systems, staff accommodation and access roads. The project commenced on September 30, 2023.





BUI POWER AUTHORITY COMMISSIONS 50MWp SOLAR PLANT IN YENDI: A BRIGHT FUTURE FOR RENEWABLE ENERGY



Bui Power Authority (BPA) has taken another bold step in Ghana's renewable energy journey with the commissioning of a 50MWp solar power plant in Yendi, Northern Ghana. The project, inaugurated on December 16, 2024, is a game-changer enhancing energy access, supporting sustainability, and fostering regional development.

A Ceremony Rooted in Tradition & Progress

The event was a blend of tradition and innovation, attended by BPA's CEO, Hon. Ing. Samuel Kofi Ahiave Dzamesi, local leaders, and enthusiastic community members. The day's proceedings included traditional rites, Islamic prayers, and a plaque unveiling, symbolizing both cultural reverence and technological advancement.

Leaders Applaud the Project's Impact

Hon. Ahmed Yussuf Abubakar, Municipal Chief Executive, highlighted the solar plant's role in promoting peace and development in Yendi. He encouraged community collaboration to protect the facility and support future expansion efforts.

Hon. Dzamesi, in his address, commended the government, partners, engineers, and BPA staff for their dedication to bringing this project to life. He reaffirmed BPA's commitment to exploring renewable energy opportunities beyond the Bui enclave, emphasizing the Authority's vision to become a leader in renewable energy within the sub-region.

Representing the Overlord of the Dagbon Kingdom, Mr. Bindana A.A. Ziblim expressed gratitude to BPA and the Government of Ghana for their investment in Yendi. He assured the Authority of the community's unwavering support in safeguarding the solar facility and pledged continued collaboration on future initiatives.

With each milestone, BPA is lighting the way toward a greener, more energy-secure Ghana!



BUI POWER AUTHORITY COMMISSIONS THREE LANDMARK PROJECTS, BOOSTING GHANA'S RENEWABLE ENERGY DRIVE



Bui Power Authority (BPA) marked a major milestone in Ghana's renewable energy sector on Wednesday, December 18, 2024, with the commissioning of three transformative projects at the Bui Generating Station. Led by the former Chief Executive Officer, Hon. Ing. Samuel Kofi Ahiave Dzamesi, the Authority unveiled:

1. A 90MW Solar Photovoltaic (PV) Installation – Part of a broader 250MW solar park, designed to strengthen Ghana's renewable energy capacity.
2. A 5MW Floating Solar PV System – The first of its kind in West Africa, reducing water evaporation while conserving land.
3. The Fred Oware Office Complex – A state-of-the-art, multipurpose facility set to enhance administrative efficiency and strategic planning at BPA.

Delivering on a Promise

Speaking at the event, the former CEO, Hon. Ing. Samuel Kofi Ahiave Dzamesi emphasized that these projects were in fulfillment of his commitment made during the Tsatsadu Hydroelectric project commissioning earlier in the year. He reaffirmed BPA's dedication to adding 105MWp of solar power to the national grid before the year's end and revealed that an additional 10MWp floating solar system was currently under construction.



Honoring a Visionary Leader

A special moment of the event was the unveiling of the Fred Oware Office Complex, named after the former CEO of BPA, Mr. Fred Oware. Overwhelmed with gratitude, he expressed appreciation for the recognition and emphasized that the facility should serve as a hub for innovation, strategy, and groundbreaking energy solutions.

A Bright Future for Ghana's Energy Sector

The event concluded with plaque unveilings and guided tours of the new facilities. Among the distinguished guests were:

1. Hon. Emmanuel Akone, former District Chief Executive of Banda
2. Nnaa Professor Lanjagor Karley, Chief of Jama
3. BPA Board Members, Management & Staff
4. Executives from Meinergy (Project Contractors)

With these projects, Bui Power Authority continues to reinforce its commitment to Ghana's renewable energy agenda, ensuring energy security and sustainability. The seamless integration of solar and hydro power at the Bui Generating Station serves as a blueprint for maximizing renewable energy resources.

By investing in groundbreaking initiatives, BPA is not only shaping Ghana's energy future but also positioning the country as a leader in renewable energy innovation across West Africa.

The journey to a greener Ghana continues.



COMMISSIONING OF THE 75KW TSATSADU MINI-HYDRO POWER PLANT: A MILESTONE IN GHANA'S RENEWABLE ENERGY JOURNEY



On October 20, 2024, the former Vice President of the Republic of Ghana, H.E. Dr. Mahamudu Bawumia, officially commissioned the 75kW mini-hydro power plant (Phase 2), a project entirely executed by the talented Ghanaian engineers at the Bui Power Authority (BPA). Alongside the power plant, the Tsatsadu Centre of Excellence was also inaugurated, an initiative aimed at providing valuable engineering training as part of the Authority's Corporate Social Responsibility to the Alavanyo-Abehenease community in the Hohoe Municipality of the Volta Region. This significant development marks a major step in Ghana's ongoing efforts to meet its clean and renewable energy goals.

In November 2020, BPA spearheaded the design and construction of the Tsatsadu Generating Station (TGS) (Phase 1). The project, which was completed with local Ghanaian expertise, has now been expanded with an additional 75kW, bringing the total capacity of the Tsatsadu plant to 120kW, all of which has been integrated into the national grid.

In his address, the Chief Executive Officer then, Hon. Ing. Samuel Kofi Ahiave Dzamesi, expressed excitement about the lessons learned through this project, stating, "As a result of the experience gained from this project, we will be commencing a 3MW plant at the Wli Waterfall." He also emphasized the importance of the Tsatsadu Centre of Excellence, which was built to accommodate engineering students from across the country, providing them with hands-on training in hydropower plants.

The Former Member of Parliament for Hohoe, Hon. John-Peter Amewu, extended his gratitude to BPA for its forward-thinking approach and belief in the potential of the Alavanyo community. He encouraged the people of Alavanyo to safeguard both the hydro mini-dam and the Centre of Excellence, highlighting their role in creating opportunities for education, skills development, and innovation.



As the guest of honor, H.E. Dr. Mahamudu Bawumia, delivered a compelling speech emphasizing the critical role of renewable energy in Ghana's economic growth and environmental sustainability. Dr. Bawumia commended BPA for the visionary leadership in decentralizing electricity generation and establishing the Center of Excellence to enhance the raining of more engineers.

The Paramount Chief of the Alavanyo Traditional Area, Togbega Tsedze Atakora VII, expressed his heartfelt appreciation to BPA for its generous contribution to the community through the Centre of Excellence. He noted that the centre will not only support the social and educational activities of the Alavanyo-Abehenease community but will also serve as an important resource for lecturers and students visiting the 120kW Tsatsadu Micro Hydro Generating Station for educational purposes.



BUI POWER AUTHORITY EARNS TOP HONORS AT GHANA ENERGY AWARDS 2024



Bui Power Authority (BPA) proudly secured two major awards at the 2024 Ghana Energy Awards, bagging the Excellence in Power Generation, and Energy CEO of the Year (Power), awarded to Hon. Ing. Samuel Kofi Ahiave Dzamesi. These recognitions come as a prove to BPA's contributions to Ghana's energy landscape and its mission to drive sustainable power generation across the country.

The 2024 Ghana Energy Awards, themed “The Role of Local Content in Building the Energy Sector,” celebrated companies and leaders who exemplify Ghana's vision for a self-reliant energy industry. The event attracted dignitaries and senior officials from the Ministry of Energy, industry executives, and policymakers, emphasizing the government's dedication to local expertise and innovation within the sector.

BPA's Excellence in Power Generation award highlights its impact on national energy security and the increasing role of renewable energy, especially with significant projects such as the 50MW Yendi Solar Plant.

The award for Energy CEO of the Year (Power) acknowledges Hon. Ing. Dzamesi's strategic leadership, under which BPA has significantly advanced its renewable energy portfolio. His guidance has reinforced the organization's commitment to pioneering environmentally conscious energy solutions and furthering the goals of Ghana's Renewable Energy Master Plan. Under his stewardship, BPA has become a critical player in Ghana's power generation space, continuously evolving to meet the nation's energy needs with forward-thinking projects.

Recognizing BPA's outstanding team, the Authority also applauds the achievements of Maxmillian Kwarteng, Deputy Director, Renewable Energy, and Ing. Christian Sarpong. Both were nominated for their work in driving BPA's renewable energy agenda, contributing expertise and dedication that reflect the Authority's core mission.

This year's Ghana Energy Awards celebrated not just excellence but a commitment to homegrown solutions. As BPA continues its journey, these awards mark another milestone in the Authority's enduring dedication to powering Ghana's future.





BPA CUTS-SOD FOR A COMMISSARY AT BUI GENERATING STATION

As part of efforts to enhance the well-being of its employees and provide additional amenities to the local community, the Bui Power Authority (BPA) on 2nd October 2024, held a short sod-cutting ceremony for the construction of a state-of-the-art commissary.

The ceremony, which took place at the Bui Generating Station, was attended by the former Board Chair, Hon. Kwasi Ameyaw-Kyeremeh, Hon. Ing. Samuel Kofi Ahiave Dzamesi, Chief of the Bui, Nana Kojo Wuo II, the Contractor for the project, CK –Engineering, some members of management and Staff of the Authority.

In his address, Hon. Kwasi Ameyaw-Kyeremeh stated that the project holds immense promise for the Staff of Bui Power Authority and members of the community, he charged the contractor to ensure that he uses quality products for the construction and employ workers from the local communities. Hon. Ing. Samuel Kofi Ahiave Dzamesi, in his opening remarks, highlighted the strategic importance of the commissary. He explained that the project is part of BPA's long-term vision to develop infrastructure that does not only support employees but also enhances local economic activity.

The commissary, expected to be completed within 14 months, will feature a vibrant shopping mall which includes various retail outlets, a cinema, pharmacy, a butchery, barbershop, beauty salon, laundry, bank, retail outlet for clothing and accessible restrooms for patrons with landscaped spaces for recreation and relaxation. This initiative is a direct response to growing demand from the Authority's workforce, many of whom currently have to travel significant distances to obtain supplies.

The facility will also create job opportunities for the local community, aligning with BPA's commitment to socio-economic development in the area. Local artisans, suppliers, and contractors will be engaged throughout the construction process, ensuring that the project benefits the people of the community and its environs.

The Chief of Bui, Nana Kojo Wuo II, expressed his gratitude to the Management and Staff of BPA for their continuous effort and support in developing the area.

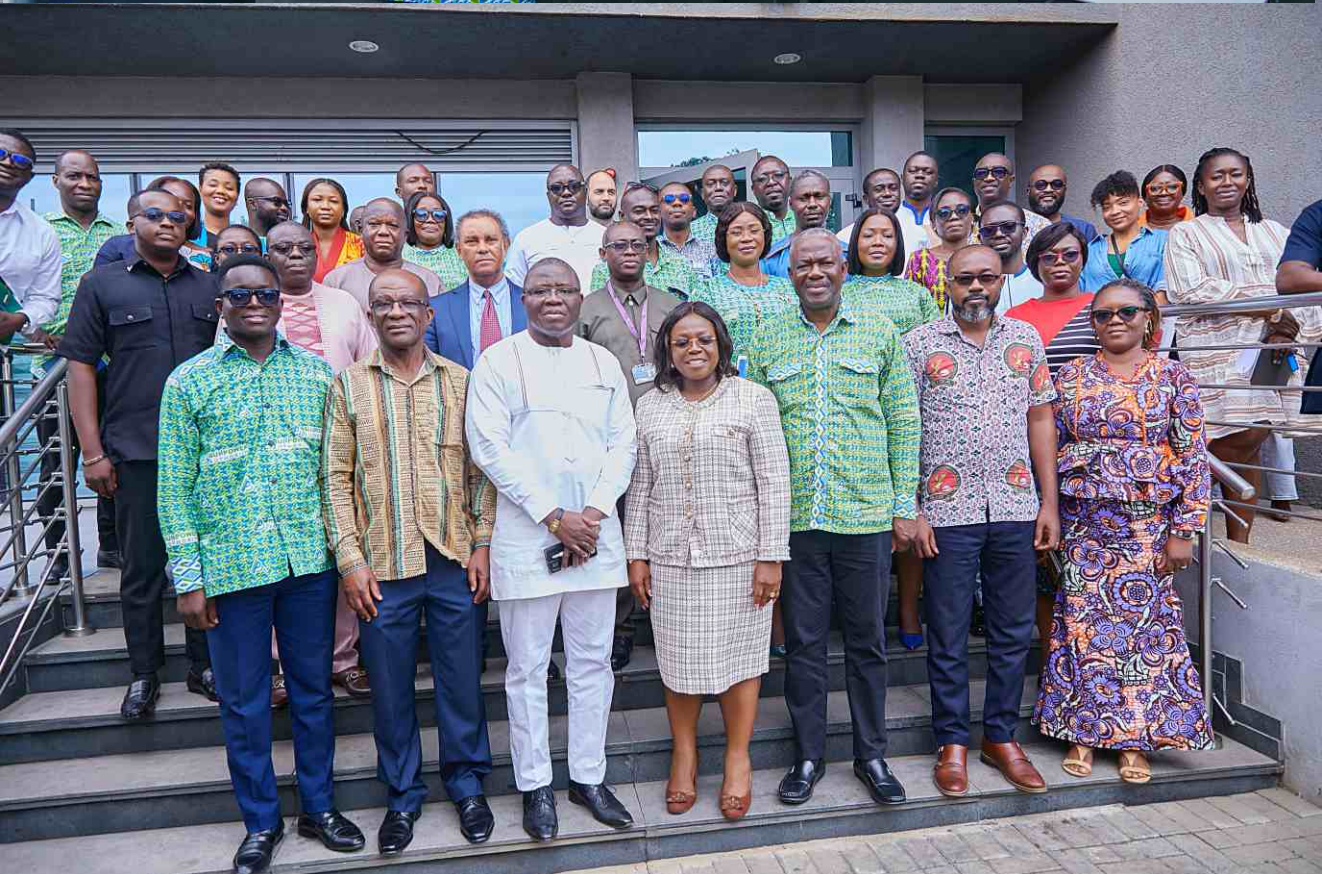


EXCERPTS OF OUR 2023 AGM HELD AT THE BPA HEAD OFFICE









STAY SHOCK-FREE! ESSENTIAL ELECTRICAL SAFETY TIPS



Electricity powers our world, but if handled carelessly, it can turn from friend to foe in an instant! Whether at home, in the office, or at a power plant, staying safe around electricity is non-negotiable. Here's your fun-yet-serious guide to electrical security and safety.

DO This to Stay Safe

Unplug Like a Pro – Not using an appliance? Unplug it! It saves energy and reduces the risk of electrical fires.

Check Your Cords – Frayed or damaged wires? Toss them out (safely, of course)! Exposed wiring is a serious hazard.

Keep Water & Electricity Apart – Water is electricity's best (and worst) friend. No wet hands when plugging in devices!

Use the Right Wattage – Overloading outlets or using the wrong bulbs is a fire waiting to happen. Always check wattage recommendations.

Install Surge Protectors – Keep your valuable electronics safe from unexpected power surges.

DON'T Do This – Ever!

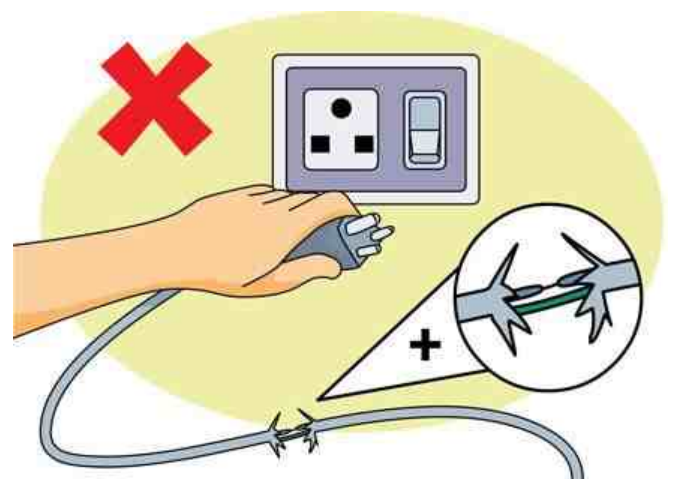
Overload Power Strips – Too many plugs in one socket = fire hazard alert! Spread out your appliances.

DIY Electrical Fixes – You may be a DIY master, but electrical work? Leave it to the professionals.

Run Cords Under Rugs – It might look neat, but hidden cords can overheat and cause fires. Keep them visible and safe.

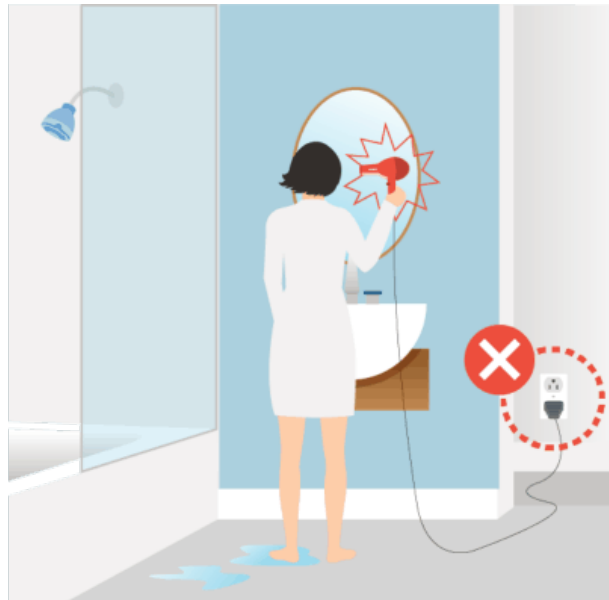
Ignore Flickering Lights or Sparks – Your home isn't a haunted house—if your lights flicker or sparks fly, call an electrician!

Yank Cords from the Wall – Always pull from the plug, not the cord, unless you want a broken wire or a shock!



Spotting Electrical Hazards Like a Pro

- Burning Smell or Discoloration? – Outlets should never smell like burnt toast. Call an expert immediately!
- Frequent Circuit Breaker Trips? – It's not a game of who resets it first. If it keeps tripping, there's an issue!
- Buzzing Sounds from Outlets? – Outlets should be silent, not humming like a bee! Have them checked.
- Water Near Outlets? – Leaks and electricity do not mix. Get an expert to assess the risk.
- Staying safe and shock-free is everyone's responsibility! Follow these tips, be alert, and remember—electricity is powerful, but so is safety awareness!
- Stay safe, stay smart, and keep the sparks only in your love life!



HEALTH & WELLNESS: PROSTATE CANCER - WHAT EVERY MAN NEEDS TO KNOW

A Look Back: The History of Prostate Cancer

Prostate cancer has been around for centuries, but it wasn't until the 20th century that medical advancements allowed for early detection and treatment. Before the 1980s, prostate cancer was mostly diagnosed at advanced stages, making treatment difficult. However, with the introduction of Prostate-Specific Antigen (PSA) testing, doctors can now detect the disease early, improving survival rates significantly.

Who is Most at Risk?

Prostate cancer is the second most common cancer in men worldwide. While any man can develop prostate cancer, certain factors increase the risk:

Age: The risk increases after 50 years old, with most cases diagnosed in men over 65.

Race & Ethnicity: African American men are at a higher risk and tend to develop more aggressive forms of the disease.

Family History: If your father, brother, or grandfather had prostate cancer, your chances double.

Lifestyle Choices: A diet high in processed foods, red meat, and unhealthy fats may contribute to a higher risk.

Know the Signs: Symptoms of Prostate Cancer

Prostate cancer often develops silently, showing no symptoms in its early stages. However, as it progresses, men may experience:

- Frequent urination, especially at night
- Difficulty urinating or weak urine flow
- Blood in urine or semen
- Pain or discomfort in the pelvic area
- Erectile dysfunction
- Unexplained lower back pain

If you notice any of these symptoms, don't ignore them! Early detection saves lives.

How Can You Reduce Your Risk?

Although prostate cancer cannot be entirely prevented, simple lifestyle changes can help lower the risk:

Eat Smart:

Load up on fruits, vegetables, and whole grains.

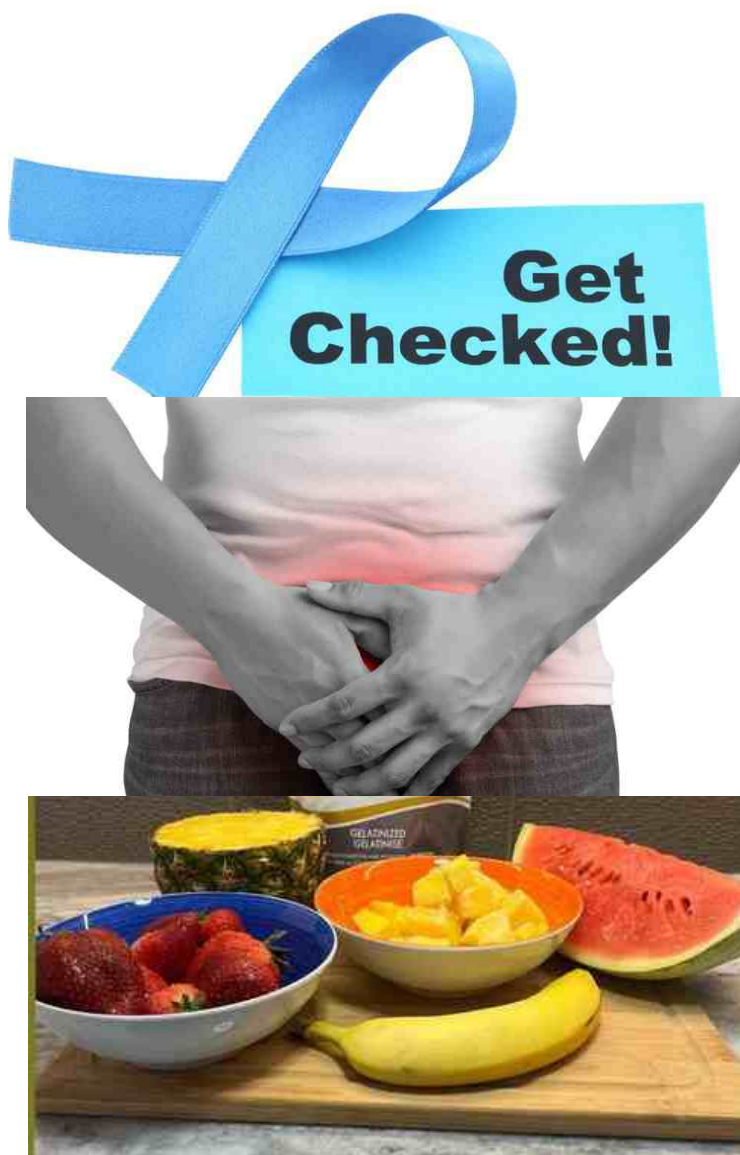
Add tomatoes, green tea, and Omega-3-rich fish to your diet.

Cut down on red meat, processed foods, and high-fat dairy.

Stay Active:

Aim for at least 30 minutes of exercise, 5 days a week.

Activities like walking, swimming, and strength training help maintain a healthy weight and reduce risk.



BUI POWER AUTHORITY (BPA) WINS AWARD AT THE INTERNAL AUDIT CONFERENCE 2024



At the Annual Internal Audit Conference, held on August 22, 2024, Bui Power Authority, as part of its operational excellence, received the prestigious award as the "Best ERM Compliant Institution" in the State-Owned Enterprises (SoE) category. This award, underscores the Authority's exemplary commitment to enhancing its Enterprise Risk Management (ERM) and compliance systems.

The awards scheme forms an integral part of the Conference, which serves as a platform to unite all stakeholders within the audit sector, fostering networking opportunities and collaborative discussions aimed at identifying solutions to propel the sector forward.

BPA's remarkable achievements in the fiscal year have set a benchmark in Enterprise Risk Management (ERM), showcasing the Authority's dedication to promoting a robust and resilient risk management framework. This recognition serves as a testament to the unwavering focus of BPA in ensuring operational excellence and safeguarding the sustainability of its projects and initiatives.



Limit Unhealthy Habits:

Reduce alcohol intake and quit smoking to lower cancer risk.

Get Screened

If you're over 50 (or 40 if you're high-risk), discuss PSA testing and digital rectal exams (DRE) with your doctor.

Early detection improves survival rates up to 98%!

Final Thought: Take Charge of Your Health

Prostate cancer is a serious but treatable disease if detected early. Encourage the men in your life to stay informed, get screened, and adopt healthier habits. Prevention starts with awareness—share this knowledge and help save lives!

Stay healthy, stay informed!

THE 7 BEST FOODS TO EAT FOR A HEALTHY PROSTATE



OREGANO



AVOCADO



TURMERIC



SESAME
SEEDS



GREEN TEA

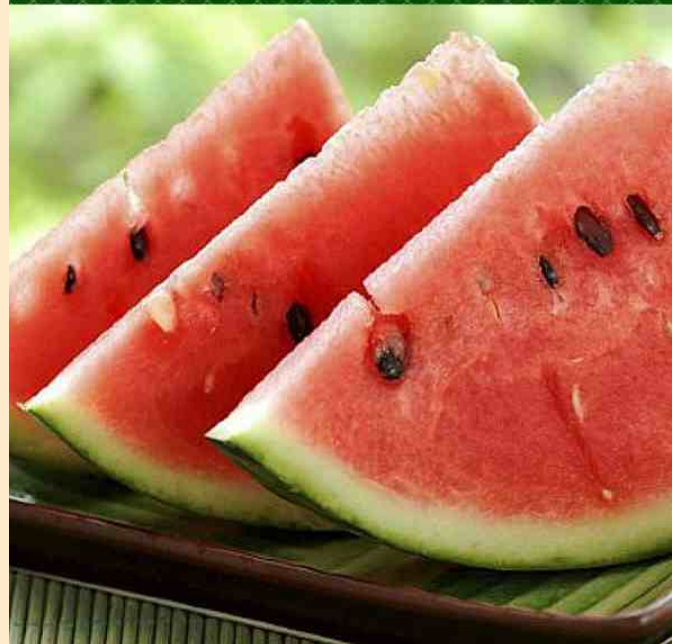


SAW
PALMETTO



BELL
PEPPERS

Superfoods for a Healthy Prostate



BPA ORGANIZES 3RD TALENT DEVELOPMENT PROGRAM



September 22, 2024, witnessed a vibrant and exciting celebration marking the end of the third and final edition of Bui Power Authority's Talent Development Program. This significant program seeks to encourage young people to discover and develop their football potential while maintaining a good relationship between the communities and the Authority.

The program which commenced on Wednesday, September 18, 2024, had sixteen teams from the surrounding communities from Bui and its environs, participating in the event. Amidst facing fierce competition, Team Jama emerged as victors making them two-time consecutive winners.

In a speech read on behalf of the former Hon. Ing. Samuel Kofi Ahiave Dzamesi by the Director Human and Natural Resources, Mr. Eric Acheampong, he re-echoed the Authority's commitment to maintaining a cordial relationship with the communities within the catchment area of the Bui Generating Station and also to unearth football talents.

In his speech, the Chief Executive Officer (CEO) of the John Paintsil Football Academy, Mr. John Paintsil, expressed gratitude to BPA, for embracing and supporting his vision to unearth football talents within the Bui enclave. He stressed that in order for football players to succeed, they must have the determination, mental toughness, and desire to improve themselves. He further congratulated the best 5 players of the tournament also referred to as the 'Fantastic five' who would have the opportunity to be groomed by the John Paintsil football Academy and become the future of Ghana's football.

The Authority takes this opportunity to congratulate the Fantastic Five; Elijah Baah from Gbao , Samuel Adjei from Gbao , Joel Fumboi from Teslima, Dicey Bediako from Banda Boase and Abdul Muhammed from Jogbio community.

We wish them the very best as they join John Paintsil Football Academy.









BUI POWER AUTHORITY SENIOR MANAGER, CORPORATE AFFAIRS AND TEAM HONORED AT THE NATIONAL COMMUNICATION AWARDS

The Bui Power Authority (BPA) Corporate Affairs Team has won the "Corporate Affairs Team of the Year - Energy" at the 2024 National Communications Awards, held in Accra. This significant recognition was further complemented by an award to the Senior Manager, Corporate Affairs, Lawyer Akua Sakyi, who was honored as the "Outstanding Woman in Communication Leadership of the Year" (Public Sector).

The National Communications Awards is an annual event dedicated to celebrating excellence in communication and digitalization across Ghana. It serves as a platform to recognize the exceptional contributions of companies, organizations, teams, and professionals who play a pivotal role in the nation's development through effective communication and innovative digital practices.

This year's ceremony, with the theme "Celebrating Excellence and Technology in Innovation," took place at the Accra Marriott Hotel, underscoring the importance of communication in advancing technology and fostering growth in various sectors.

Commenting on the award won by herself and her team, Madam Akua Sakyi, a professional with a wealth of experience in the industry, shared her pride in being acknowledged in such a meaningful way. "It's an incredible honor to receive this award," she remarked, "being part of a community that understands the power of effective communication in leadership is something I deeply value. I hope this recognition serves as an inspiration to other women to pursue their respective careers with hard work and dedication and to never lose sight of their dreams."

Madam Akua Sakyi also expressed her heartfelt gratitude to the organizers of the National Communications Awards and to the CEO of the Bui Power Authority, Hon. Ing. Samuel Kofi Ahiave Dzamesi who has created the enabling environment for Staff to thrive in their respective areas and pledged that together with her team, they will continue to uphold the standards of excellence in everything they do.



This award highlights the critical role of communication in the energy sector and the valuable contributions of women in leadership positions.

Congratulations Madam Akua Sakyi and the Bui Power Authority Corporate Affairs Team on this remarkable and well-deserved achievement.



TIME WITH THE OUTSTANDING EMPLOYEE OF THE YEAR 2024 - MR. VICTOR YAO TOYI



Tell us about yourself?

I am Victor Yao Toyi, a 46-year-old Mechanical Engineer with twenty-four years of dedicated experience in the field. Throughout my career, I have cultivated a strong passion for plant maintenance and installation. I have had the privilege of working with diverse teams and organizations, which has allowed me to refine my skills in these areas.

In my role at Sinohydro Corporations, during the project phase of the construction of the Bui Dam, I gained invaluable experience in plant maintenance and installations. This further solidified my commitment to the field.

How long have you been with the Bui Power Authority? I have been with the Authority for the past 10 years contributing to the success and efficiency of my team

Besides work, what else do you love to do? Beyond my professional pursuits, I am passionate about backyard gardening. I am always seeking new opportunities to learn and grow. My dedication to continuous improvement extends beyond my career, reflecting my enthusiasm for personal development and growth.

What do you attribute your success to this past year? My success in 2024 is largely due to the extensive technical knowledge and hands-on experience I have gained over the past decade. This background provided me with the confidence, expertise, and problem-solving abilities necessary to carry out my responsibilities effectively.



Throughout the year, I successfully executed tasks at both the Bui Generating Station (BGS) and the Tsatsadu Generating Station (TGS) Phase II project, all without requiring supervision.

Can you share a specific accomplishment from this year that you're particularly proud of?

One achievement that stands tall is the successful completion and commissioning of the Tsatsadu Generating Station (TGS) Phase II project, which was a major milestone in my career.

How do you feel your work has positively impacted the team or the organization as a whole?

My contributions have benefited both my team and the organization in several ways. I ensured the successful execution of all scheduled maintenance tasks at BGS and TGS, while also playing a key role in the completion and commissioning of the TGS Phase II project. This project contributed an additional 75kW of power to the national grid, directly enhancing the plant's overall efficiency.

What challenges did you face through the year, and how did you overcome them?

One of the biggest challenges I faced during the Tsatsadu Phase II project was moving heavy plant equipment down to the powerhouse, which is situated at a lower elevation. Since this had to be done manually without causing damage to the equipment, it required careful planning and execution. I was able to overcome this challenge by applying my technical expertise and leveraging my diverse skill set.



What strategies or techniques did you implement that you believe contributed to your success?

Over the years, I have learned that a key trait of a successful engineer is the ability to solve complex problems and turn challenges into opportunities. I applied this problem-solving mindset throughout the Tsatsadu Phase II project, allowing me to address difficulties efficiently and ensure the project's success.



How do you maintain motivation and enthusiasm in your work on a day-to-day basis?

Engineering has always been my passion, and I view it as more than just a job—it is something I genuinely enjoy. While external motivation is valuable, I primarily rely on self-motivation to stay engaged and driven. My passion for the profession keeps me focused and enthusiastic about my work every day.

Can you describe a situation where you had to demonstrate exceptional leadership or initiative?

A particularly challenging moment arose just a day before the scheduled commissioning of the Tsatsadu Phase II project. At that point, it seemed highly unlikely that the remaining work could be completed in time. Recognizing the urgency, I took the lead in motivating both the project team and the contractors, ensuring that we put in the necessary effort to meet the deadline. I also played a hands-on role in critical tasks, particularly in the construction, joining, and welding of the penstock pipes. Additionally, I contributed by improvising an A-frame for rigging, which was essential for installing the plant equipment.

What are your final words to colleagues

I want to urge colleagues to use their skills to create positive impact wherever they find themselves and never stop learning.



PINK OCTOBER (BREAST CANCER AWARENESS MONTH)



October, the month dedicated to creating Breast Cancer Awareness across the globe is celebrated.

The theme for this year's Breast Cancer Awareness is **"No One Should Face Breast Cancer Alone"**.

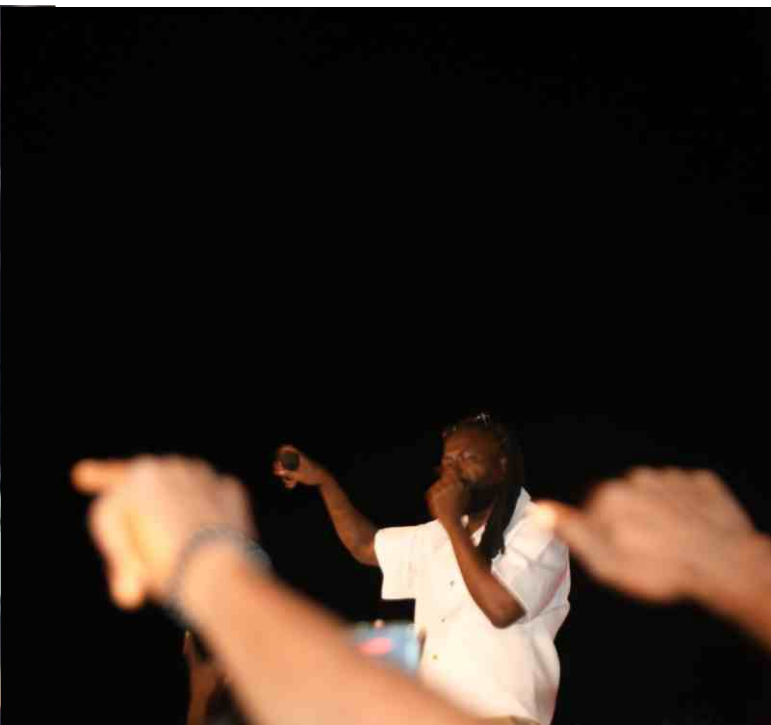
On October 25, 2024, a Breast Cancer Awareness health walk and aerobics session was organised across the Authority 's locations in both Accra and at the Bui Generating Station (BGS). This initiative, designed to raise Breast Cancer Awareness, promote healthy living among staff, and encourage team bonding.

In Accra, the walk began at 7:00am from the BPA Heights all through to the Nyaho Hospital road then to the Zenith Bank on the Patrice Lumumba Street. The staff were led by DCEO, EOT, Mr. Emmanuel Tandoh, Director, H&NR, Mr. Eric Acheampong and Deputy Director, Dam Studies, Mr. Philip Ato Ankoh. An aerobics session followed the walk with staff , kickstarting the activities.





BPA CELEBRATES END-OF-YEAR IN GRAND STYLE











EDITED BY CORPORATE AFFAIRS

